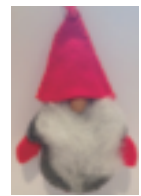
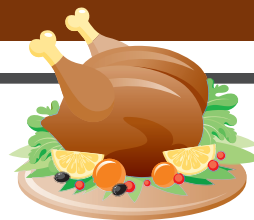




Friendship Heights



VILLAGE NEWS

NOVEMBER 2015

301-656-2797

VOLUME 30, NO. 7

Artisan Fair
page 5

Mayor's Corner

On Oct. 13, the Village Council voted 5-2 not to proceed with plans for a playground in Page Park. For a number of reasons specific to the proposed site but also to the process that produced destructive tensions within our community, I voted with the majority.

All of us—Council members, staff and engaged residents—need to regroup and reflect. Proponents of a Village playground started from a reasonable idea: a growing number of families with young children are making their home in our Village; let's

show that we welcome their presence by creating spaces where children can safely enjoy the outdoors.

I think the plans for a Village playground failed, less because the opponents were vocal than because the intended beneficiaries—families with young children—were mostly silent and unengaged. Fortunately for the entire community, our Village staff took other initiatives, such as structured play time at the Village Center, outdoor parties, and children's classes.

The Council now needs to step up

in the realms of policy and resource allocation. Given impending bids for landscaping services, the Council should review current uses of Village open spaces and the condition of those spaces. And, when drafting the budget for fiscal 2017, it might adjust its resource allocation to reflect demographic information already available from professionals who know our community well.

—Clara M. Lovett
Mayor

A Tony-winning 'Gentleman's Guide'

Join us for a wonderful evening of theater when we attend a performance of *A Gentleman's Guide to Love & Murder* at the Kennedy Center on **Thursday, Jan. 28.**

Winner of four Tony Awards in 2014, including Best Musical, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by eliminating the eight pesky relatives (all played by one actor) who stand in his way. All the while, Monty has to juggle his mistress, his fiancée, and the constant threat of landing behind bars. This hilarious musical comedy will have you dying with laughter!

We will leave the Village Center at 6:15 p.m. and return around 10



p.m. The cost, which includes a 10% discounted Orchestra ticket, transportation, and driver gratuity, is \$118. Residents and one guest may sign up immediately; nonresidents may sign up Nov. 15. The cost will be increased to \$130 after Dec. 21. There are 25 tickets available.

(This theater trip replaces the one to *Matilda*. You requested it—we listened!)

The tax man cometh

Peter Franchot, Maryland's 33rd Comptroller, will speak at the Village Center on **Monday, Nov. 23, at 7:30 p.m.**

The word "comptroller" means financial officer and the principal duty of the office is to collect taxes. A former member of the Maryland House of Delegates, Mr. Franchot was elected in 2006 and was re-elected to a third term in 2014. With a budget of \$110 million, the Comptroller's office collects approximately \$16 billion a year in state and local tax revenue and provides 12 branch offices throughout the state. The major revenue sources are individual and business income taxes and sales tax. The Comptroller audits taxpayers for compliance, handles delinquent tax collection, and

Continued on page 4

Nora Pouillon discusses organic food movement, page 5

How well do you know our village?

Capital projects help maintain and improve Village infrastructure. The Council's **Capital Improvements Committee** is charged with identifying and prioritizing capital projects and earmarking funds for them. Currently the committee includes Council members John Mertens and Michael Dorsey (co-chairs), David Lewis and Melanie Rose White.

This committee started meeting regularly in May 2014, and since June has met bimonthly. All residents are welcome to attend. Suggestions for projects come from staff, Council members, and residents.

Last year, Dr. Alfred Muller expressed his concern with the condition of the floor in the Village Center's auditorium. From this beginning, facilities manager Betty Ardizzone took the lead and worked with the committee and staff to identify other areas of the Center that needed renovation.

The floor in the auditorium, divider wall, acoustical wall covering, and lighting are being examined for replacement or upgrading. New appliances and cabinets are under consideration for the kitchen, as well as modernization of the bathrooms with an emphasis on accessibility. Also planned are new tile and carpeting in the hallways. These will be the most extensive changes to the Center since it was built in 1986.

During the past year, committee representatives and staff met with contractors to inspect the Center's flooring and solicit suggestions for replacement. Due to the extent and complexity of the planned renovations, however, the

committee decided to recommend engaging a designer/project manager—a professional who will coordinate design, and then act as a liaison between the Council, staff and contractors. The Village Council approved the recommendation on Oct. 13. Next steps include preparing comprehensive designs and requests for proposals from vendors.

The committee will continue to discuss these renovations as well as other areas of concern throughout the Village.

Come to the next meeting of the Capital Improvements Committee on **Tuesday, December 8, at 5:30 p.m.** at the Village Center.

—**John R. Mertens, Chairman**
Melanie Rose White, Historian



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the December issue is November 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Jennie Fogarty
Staff Writer

Anne Hughes O'Neil
Staff Writer, Advertising/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Clara M. Lovett
Mayor

John R. Mertens
Chairman

Michael J. Dorsey
Vice Chairman

Paula J. Durbin
Secretary

Kathleen G. Cooper
Treasurer

David O. Lewis
Parliamentarian

Melanie Rose White
Historian

VILLAGE MANAGER

Julian P. Mansfield

Dr. Michael Gittleston
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net
www.personalcomputercoach.com

*Convenient*Flexible*Personalized*
Gift Certificates Available



ON the GO...

Enjoy Autumn at the Amish market

Join us for a trip to the Dutch Amish Market in Germantown on **Thursday, Nov. 19**. If you have visited the market before you are aware of the wonderful fresh products and tempting selections that await you, if you haven't been before, join the fun! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located on site so when you want to take a break, you can enjoy a leisurely lunch (not included). We'll leave the Center at 11 a.m. and should return by 3 p.m. The price for the trip is \$28 for transportation—lunch is on your own. Sign up immediately at the Village Center.



A festive tour of homes in Philly

A few spaces remain for our trip to Philadelphia's Fairmount Park for a tour of two historic houses decorated for the holidays on **Wednesday, Dec. 9**. Especially for 2015, the historic houses will delight visitors with festive adornments and stunning interiors inspired by the whimsical Christmas carol "The Twelve Days of Christmas," decorated by local interior designers and garden clubs.

We'll meet our guide at the Philadelphia Museum of Art and tour historic Cedar Grove. This house was constructed in the mid 18th century and its interior is furnished with exceptional examples of early Pennsylvania furniture.

Following this tour, we'll enjoy lunch on the balcony level of the Philadelphia Museum of Art. Our luncheon includes split entrée of herbed chicken breast and seared

Continued on page 15

Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668

4500 N Park Ave., Suite 804N



BUY / SELL / RENT

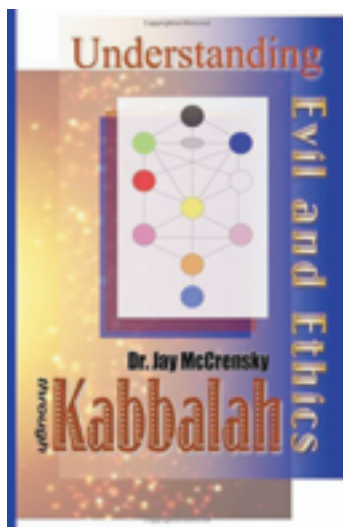
Your Neighborhood Real Estate Specialists

An introduction to Kabbalah

Kabbalah is defined as "a body of mystical teachings of rabbinical origin, often based on an esoteric interpretation of the Hebrew Scriptures." Dr. Jay McCrensky, a professor of Judaism, has studied and taught Kabbalah for over 30 years.

Additionally, he leads a weekly Kabbalah study group and is the author of two books on the subject, *Understanding Evil and Ethics through Kabbalah* and *Receiving Holiness*. Dr. McCrensky will speak at the Village Center on **Thursday, Nov. 12, at 7:30 p.m.**

Copies of his books will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.



Tax man, continued from page 1

enforces license and unclaimed property laws. The agency publicizes forgotten bank accounts, insurance benefits and other unclaimed assets of taxpayers. It provides information technology services critical to the daily operation of most state agencies. And acting as Maryland's chief accountant, the Comptroller pays the state's bills, maintains its books, prepares financial reports, and pays state employees.

Please let us know you are coming by calling 301-656-2797.

Study Piano Lessons with Concert Pianist

Steinway Artist & Albany Recording Artist

DR. KAREN WALWYN



All Levels- All Ages! Classical, Pop, Gospel

View lessons, performances and students' comments @

www.karenwalwyn.com

Contact: 804 822 2441: drkwalwyn@gmail.com



SAM'S FEATURED LISTINGS

FOR SALE

THE CARLETON

2 Bedroom/2 Baths
Quiet Courtyard Exposure
Offered at \$679,000

SOLD

THE WILLOUGHBY

Jr. One Bedroom
Bright and Updated
Sold at \$200,000

FOR RENT

THE WILLOUGHBY

1 Bedroom/1Bath
Southern View and Balcony
Offered at \$1825

SOLD

THE CARLETON

2 Bedroom/2 Baths
Beautifully Updated
Sold at \$713,000

Contact Sam for more details.



SAM SOLOVEY
Live Where Life Happens

Direct:

301-404-3280

Office:

202-363-9700

Email:

SamS@LNF.com

Website:

SamSolovey.com



LONG & FOSTER
REAL ESTATE
LUXURY HOMES

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Personalized Marketing and
Exceptional Service from the
Leading Realtor® in the Village.



Nation's premier organic restaurateur to speak

Nora Pouillon, chef and owner of Restaurant Nora, the first certified organic restaurant in the country, will speak at the Village Center on **Thursday, Dec. 3, at 7:30 p.m.**, about her new book *My Organic Life*.

The rapid increase and popularity of organic food and farm-to-table cuisine is largely due to this natural foods pioneer. When Ms. Pouillon moved to the United States in the 1960s, she was horrified to discover a food culture dominated by hormone-bloated meat and unseasonal vegetables even in top restaurants. First as a cooking teacher, then as a restaurant owner, she forged relationships with local farmers and brought delicious, healthy food to her tables and took the organic movement mainstream.

When it opened in 1979, Restaurant Nora was one of a very few restaurants in Washington with a woman owner and chef and years ahead of the sustainable food revolution. Please sign up by calling 301-656-2797. Copies of *My Organic Life* will be available for \$10 - cash, check or credit card. It's a great idea for a holiday gift!



Gifts with an artistic twist

Get a jumpstart on your holiday shopping or just stop in to see some of the area's most creative artists when the Friendship Heights Village Center hosts its annual artisan fair **Friday, Nov. 6, from 5:30 to 8 p.m. and Saturday, Nov. 7, 10 a.m. to 4 p.m.**

This seasonal event, which highlights the work of local artists and artisans, offers something for everyone and every budget.

This year's show features a number of items inspired by world travel. You'll find Scandinavian felt ornaments, Ukrainian pottery, wearable art of brocade, batik and Southeast Asian cottons, jewelry featuring African and Tibetan beads, and origami. We'll also have artists skilled in metalworking, knitting, jewelry making, fused glass work, photography, abstract and fine arts painting. New to the show this year is a caricaturist who will create



Continued on page 7

CHEVY CHASE ENT & AUDIOLOGY

You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 ● Chevy Chase, Maryland 20815

Office: 301-656-8630 ● www.chevyCHASE-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Nov. 5, 7 p.m. — Movie — *I'll See you in My Dreams*— Carol, a once popular singer, has been widowed for quite some time now. At 70 years old, she is surprised to find that she might have another chance at love in life. When she begins to find herself feeling something stronger than friendship towards two men in her life, she embarks on a journey of self-discovery. As she explores the possibility of love late in life, she is also forced to confront her worries of family, loss, love, and death. Stars Blythe Danner, Sam Elliott, and Rhea Perlman. Rated PG-13. Running Time: 97 minutes.

Thursday, Nov. 12, 7:30 p.m. — Book Signing with Jay McKrensky, see page 4 for details.

Thursday, Nov. 19, 7 p.m. — Movie — *Mr. Holmes*— Long retired and near the end of his life, Sherlock Holmes grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement. Stars Ian McKellen and Laura Linney. Rated PG. Running Time: 105 minutes.

Thursday, Nov. 26, — Center Closed. Happy Thanksgiving!



NATIONAL CAPITAL BANK

★ ★ ★ ★ ★

MAIN OFFICE

316 PENNSYLVANIA AVENUE SE
WASHINGTON, DC 20003
(202)546-8000

FRIENDSHIP HEIGHTS

5228 44TH STREET NW
WASHINGTON, DC 20015
(202)966-2688

WWW.NATIONALCAPITALBANK.COM

BUSINESS LOANS WITHOUT BROKEN PROMISES

A lot of non-bank lenders promise they'll have your loan fast, but don't say much about their fees and interest. National Capital Bank does business lending the right way...

we get to know your business and your real needs

If you want to expand, re-tool, or buy property — residential, commercial or multi-family — come to us. We've been building area businesses with safety and integrity for over 125 years.



GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- Massage therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy
- Orthopedic injuries, joint replacements

- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Focus on hands-on care

*We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.*

Free garage parking!

p 301-654-9355 | info@getwell-rehab.com | www.getwell-rehab.com | on facebook



Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade
4601 N Park Ave. #10C, Chevy Chase, MD 20815



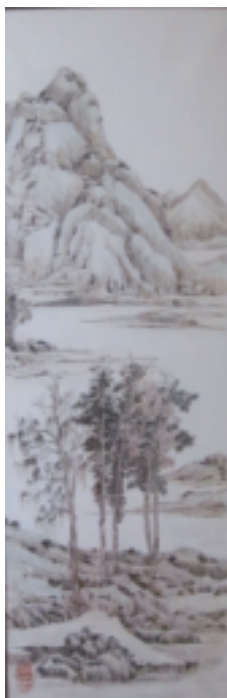
ART and CULTURE

This month in the Friendship Gallery

"Immersed in Art" is the title of the art exhibit in Friendship Gallery in November.

The artists are members of the CCACC Art club of Ink Painting and Calligraphy, founded 12 years ago at the Chinese Cultural Community Service Center. The mission of the Art Club is to educate and foster Chinese art in the community. This exhibit will include works ranging from traditional ink paintings to contemporary watercolors and mixed media renditions. Calligraphy work will also be presented in both traditional and contemporary styles.

All are invited to meet the artists at a reception on **Sunday, Nov. 8, from 11:30 a.m. to 1:30 p.m.** The exhibit runs from Nov. 2 to Dec. 5. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Wood and Valleys of Mount Yu"
by Frances Luk

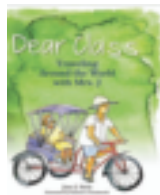
Congratulations Millie!

Millie Shott, the art curator for the Village's Friendship Gallery, was awarded a Lifetime Achievement Award on Oct. 26 by County Executive Isiah Leggett. The County Executive's Awards for Excellence in the Arts and Humanities are the most prestigious honors conferred by Montgomery County on individual artists, scholars, organizations and cultural patrons.

Artisan Fair, continued from page 5

memorable works on the scene for those who'd like a unique, very personal work of art.

The festivities begin Friday evening with a reception, where attendees can enjoy light snacks while shopping. Glasses of wine, for those 21 and over, will be available for a nominal fee. The fair continues Saturday from 10 a.m. to 4 p.m. There is no admission fee. For information, please call the Village Center at 301-656-2797.



Local Author Holds Children's Event at our Artisan Fair

Children ages 7-12 are invited to meet Jane Stein, the local author of the award-winning book *Dear Class: Traveling Around the World with Mrs. J.* during a book event at the Village Center **Saturday, Nov. 7, from 11 a.m. to noon.** In keeping with our artisan fair, which features many travel-inspired works, the book is about a globe-trotting teacher—Mrs. J—who visits more than a dozen countries in six months. She writes to her class about her adventures.

Come to learn some fun facts about different countries and cultures and do crafts projects. Jane Stein, a health and science journalist, has written hundreds of articles and is the author of *Making Medical Choices* and the college health education textbook *Decisions for Health Living*. *Dear Class* is her first children's book, and like Mrs. J in the title, she loves to travel. Copies of *Dear Class* will be available for sale.



wemove**seniors**

we-move-seniors.com

RELOCATING OR DOWNSIZING?

let **WE MOVE SENIORS** help



We Move Seniors provide moving management services for relocating seniors. Let us simplify your transition and put you on the path to peace of mind, which is our specialty!


(301) 660-3383

Call us today for a **FREE** consultation

Friendship Heights
Village Center



Calendar
of Events 2015

N O V E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: “Stroke Awareness” 5:30 p.m.: Program Advisory Committee Meeting 7:30 p.m.: Concert: Barbara Martin	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: I’ll See You in My Dreams	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 5:30 to 8 p.m.: Artisan Fair Wine and Cheese Reception	7 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. to 4 p.m.: Artisan Fair 11 a.m. - 12 p.m.: Children’s Book Event 10:30 a.m.: Basic Photography
8 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	11 Veterans Day Center Open 9 a.m. to 2 p.m. 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group Shuttle Bus runs on weekend schedule	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.:Book Signing: Jay McCrensky: Understanding Evil and Ethics through Kabbalah	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	14 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10:30 a.m.: Basic Photography 11 am.: Children ’s Dance 12:30 p.m.: Meditation
15 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:00 p.m.: Yoga with Kathryn	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	18 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Tales in the Village	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Depart for Amish Market 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Lunch 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Mr. Holmes	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	21 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10:30 a.m.: Basic Photography 11 a.m.: Children’s Dance 12:30 p.m.: Meditation
22 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn 7:30 p.m.: Town Hall Mtg. with Comptroller Peter Franchot	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	25 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Health Insurance Counseling	26 Happy Thanksgiving Center Closed No Shuttle Bus 	27 Center Open 9 a.m. to 2 p.m. 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	28 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn	GEICO/Goodwill E-cycling and Donation Drive GEICO will host a Goodwill/E-cycling Day on Saturday, Nov. 7, from 9 a.m. to 1 p.m. at the building parking lot at 5260 Western Avenue in Chevy Chase. Donations accepted include: electronics (in working condition and with ALL parts, including cords) Radios, stereo systems, mp3 players,VCRs, and DVD players (Goodwill will only accept televisions that have a coaxial cable connection or RCA inputs); small appliances such as toaster ovens, Foreman Grills®, coffee makers, vacuum cleaners, and portable air conditioners; fans that are CPSC approved; microwave ovens in acceptable working condition; computers, all brands, all parts, any condition Software programs less than two years old; gaming systems; and cell phones. Other recyclable household items will also be accepted such as clothes, shoes, toys, books, accessories, furniture and lawn equipment (all fuel must be removed prior to donating). For more information about donating go to www.dcgoodwill.org and click on Donate.				

Shuttle bus hours



Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

The season to share: collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include low sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna’s Smart Sacks, a program to fight childhood hunger. Each Friday, over 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Last year Village residents donated 422 pounds of canned and boxed food- let’s try to raise that number this year!

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Nov. 19. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Last class is Feb. 11 (class will not meet Dec. 24 and 31). Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Nov. 14 (note change of start date). Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Session ends Jan. 16 (class will not meet Nov. 28 and Dec. 26).

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Nov. 19. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is Feb. 11 (class will not meet Dec. 24 and 31).

EXERCISE AND FITNESS

AUTUMN YOGA WITH KATHRYN

This 8-week class begins November 2 and meets Mondays from 7-8 p.m. Take time to care for yourself this holiday season. In this class, you will strengthen, stretch, and unwind through physical postures, breathing exercises, and relaxation. We will focus on cultivating an attitude of gratitude, nurturing energy during these shorter days, and setting intentions for the New Year. Please bring a yoga mat and a towel. Instructor Kathryn Chiariello is a Village resident and welcomes questions at 240-743-4294. The cost is \$85 for residents, \$90 for nonresidents. Session ends December 21.

BALANCE AND COORDINATION

This 7-week class begins Nov. 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends Dec. 15. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 5-week class begins Nov. 4. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$55 for residents; \$60 for nonresidents. Session ends Dec. 16 (class will not meet Nov. 11 and 25).

CHILDREN'S DANCE

This free 5-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Nov. 14. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. There is no charge, but children must be registered. Session ends Dec. 19 (class will not meet Nov. 28).

MAT PILATES

The 6-week session begins Nov. 3.

Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends Dec. 8.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Nov. 2. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 7.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch

and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

The Village Book Club will meet this month on **Tuesday, Nov. 17, at 11 a.m.** The book selection is *The Devil in the White City* by Erik Larson. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."



D.P. INTERIORS
Window Blinds, Shades, Drapes
Repair and Services
Residential & Commercial
Services:
Will beat any Competitors Pricing
& Quality. We sell Norman,
Pinnacle and other brands.
dipinteriors.net 240-426-7307 Mobile
www.dipinteriors.net 240-643-6222 Office



Women Hair Cut	\$55+ up
Men Hair Cut	\$30
Color	\$65 + up
Permanent	\$75+up
Partial Highlights	\$75
Full Highlights	\$100
Manicure	\$15
Pedicure	\$30
Fascial	\$70
Massage	\$70
We use OPI + CND	

Specials only for Seda and Olivia

Cadeaux & Nina Monday thru Thursday
Hair and Nail Spa

Chair Rentals Available

If you are looking for unique style then come to Nina & Cadeaux Hair and Nail Salon, we are offering the best: Haircoloring, Highlights and Haircutting.

We have reasonable prices!, and if you need have done your pedicure, manicure, fascial and/or waxing here is the right place to come. Our clients are considering us the best Manicure & Pedicure in Chevy Chase and Bethesda. Come you never regret it.

(301) 656-0066

5423 Friendship Blvd. Chevy Chase, MD 20815
email: cadeauxdc@aol.com

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Nov. 4 — Barbara Martin: Songs of Gratitude—The music of vocalist and songwriter, Barbara Martin, solidly reflects the greats of traditional jazz, never forgets the blues, but relates to the world today. Over a 20 year career Barbara has produced seven recordings, impressing critics with her original songs and the vocal stylings to put them across. Her songs have been placed in 2 major network TV shows and 2 documentaries. She continues to hone her craft, integrating tips from studying with such great jazz vocalists as, Sheila Jordan, Stephanie Nakasian, Jay Clayton and Madeline Eastman. Her partnerships with Baltimore guitar virtuoso, Mac Walter, talented Virginia-based jazz pianist, Liz Barnes and California jazz composer, Joel Evans enrich her musical life even further



Wednesday, Nov. 11- No Concert- Center closes at 2 pm. - Veteran's Day

Wednesday, Nov. 18 — Tales in the Village —This monthly feature returns with an hour of tales from some of the areas most talented storytellers.

Wednesday, Nov. 25 — No Concert

Disegno Hair Salon



4601 North Park Ave.
Chevy Chase, MD
Open Tuesday-Saturday

Phone:
301-652-7767
301-652-4601
Special Requests:
202-686-5301

Specializing in:

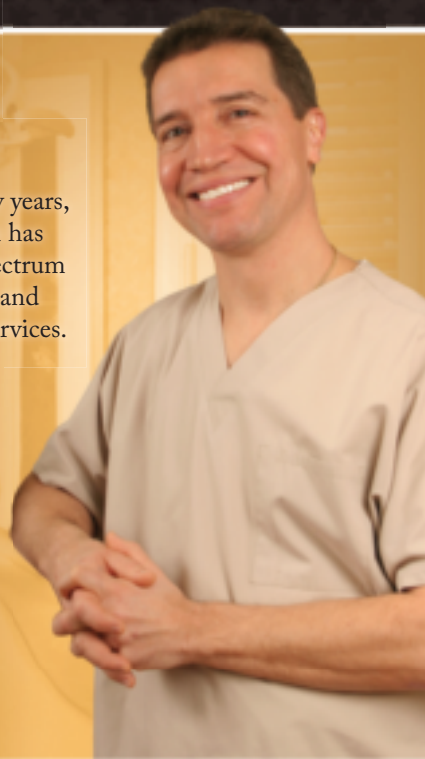
- Correcting damaged hair
- Non-ammonia color
- Keratin Treatments
- Bridal Hair and Makeup
- Claudine: the best manicures and pedicures
- Two new professional stylists: Nila and Maria
- Richard, the best hairstylist in town



A Smile
above the Rest!

For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

"Dr. Morrison won us over with compassion, communication, patience, and the highest quality dental care."



FULL COMPREHENSIVE
EXAM
WITH
X-RAYS

ONLY **\$150**

Must bring ad for promotion.

Eric K. Morrison, D.D.S., M.A.G.D.
Master of the Academy of General Dentistry

5454 Wisconsin Ave., NW
Suite 1505
Chevy Chase, MD 20815

202.537.7052

info@DrEricMorrison.com
DrEricMorrison.com

TO YOUR HEALTH

Act FAST with stroke awareness

Do you know the warning signs of a brain attack? What would you do if your friend or loved one were experiencing a stroke - when every minute counts? The FAST test is a quick way to check someone for symptoms: Face, Arms, Speech, Time. Come to this month's health lecture at the Village Center on **Wednesday, Nov. 4, at 1 p.m.** to learn the details. Robert Kretzmer, vice president of the B-CC Rescue Squad, and paramedic Wilder Leavitt will describe strategies from the field and lifesaving information so you can act FAST.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: The ABCs of cataract surgery

Statistics confirm that people are often misinformed about cataract surgery. Don't miss an opportunity to learn about current cataract myths and facts. Join ophthalmologist, Howard Weiss, MD, MPH, at this month's Vision Support Lunch and Learn program at the Village Center on **Thursday, Nov. 19, at 12:30 p.m.**



The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797. Don't miss this important "insightful" conversation with a highly respected expert.

For Rent in the Somerset Community



For Rent:

5600 Wisconsin Ave. #1204
\$3,200/mo - 1 BR, 1.5 BA,
Balcony; 1,141 SqFt

5600 Wisconsin Ave. #1302
\$5,300/mo - 2 BR, 1.5 BA,
Balcony; 1,952 SqFt

Ready to sell?

**We have qualified buyers
looking for units. Call today!**



BEST
WASHINGTONIAN
2015



Jamie Coley, Linda Rosenkranz & Leigh Reed

of Long & Foster Real Estate, Inc.

The #1 Team in 2013 for Montgomery Co.

Direct: **301.907.6643**

Office: **240.497.1700**

coleyreed@gmail.com

www.somersetluxuryliving.com

Want to lower your monthly mortgage payment?



CONDO MORTGAGE EXPERTS

REFINANCE NOW WHILE RATES ARE STILL LOW!

Take a look at these recent rate examples:

Samples only...not everyone will qualify – based on approved application.

➤ LOAN AMOUNTS UP TO \$625,500 ◀

ARM RATES as low as 2.875% APR* | FIXED RATES as low as 3.375% APR*

(ARM = Adjustable Rate Mortgage)

➤ LOAN AMOUNTS ABOVE \$625,500 ◀

ARM RATES as low as 3.00% APR* | FIXED RATES as low as 3.75% APR*

Ask about a NO-CLOSING-COST Refinance!**

**You may qualify for NO POINTS | NO ORIGATION FEES | NO TAX SERVICE FEE
NO UNDERWRITING FEE | NO PROCESSING FEE | NO BANK FEE...PERIOD!**

What is your current rate? Could you be saving money every month?

“Please contact me soon for a quick analysis to see how much refinancing may save you each month. We’re condo specialists...and make refinancing easy!”



Narda Namrow

Senior Mortgage Banker

Office 301-738-7224 | Cell 301-674-3078

Fax: 301-841-9811 | NMLS 165566

NNamrow@eaglebankcorp.com

www.eaglebankcorp.com



12505 Park Potomac Avenue, Suite 510, Potomac, MD 20854 EagleBankCorp.com

Cafe Muse presents...

This month's Café Muse, on **Monday, Nov. 2**, will feature poets Laurel Blossom and Grace Cavalieri.

Laurel Blossom's second book-length narrative prose poem, *Longevity*, was published last month. Her most recent book of lyric poetry is *Wednesday: New and Selected Poems*. Earlier books include *The Papers Said*, *What's Wrong*, and a chapbook, *Any Minute*. Ms. Blossom has received fellowships from the National Endowment for the Arts, the New York Foundation for the Arts, and Harris Manchester College. She is the 2015 Poet Laureate of Edgefield, S.C., where she lives.

Grace Cavalieri's most recent books of poetry are *The Man Who Got Away* and *The Mandate of Heaven*. Her memoir, just published, is *Life Upon the Wicked Stage*. She is the founder and producer of "The Poet and the Poem" for Public Radio, recorded at the Library of Congress and now celebrating 38 years on the air. She is the recipient of the Lifetime Achievement Award from The Washington Independent Review of Books, where she is poetry columnist and reviewer. Her career includes theater, poetry, publishing and broadcasting. Her latest play is *Anna Nicole: Blond Glory*.

Café Muse opens at 7 p.m. in the Village Center

with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works. For more information visit www.wordworkssdc.com.

Coming up on Dec. 7: Jody Bolz and Maryhelen Snyder

Philadelphia trip, continued from page 3

salmon, mixed mesclun salad, red bliss potato and haricot vert salad, grilled seasonal vegetables and grilled baguette with goat cheese. For dessert, enjoy assorted cookies and a chef's choice of miniature desserts. Coffee, tea and iced tea are also included.

Following lunch, we'll tour beautiful Strawberry Mansion. The featured stories of this house span over three centuries and incorporate the life of the acclaimed colonial Judge William Lewis.

We'll depart from the Village Center at 7:30 a.m. and should return by 7:30 p.m.

The cost of the trip, which includes round-trip transportation, admission to the homes, lunch, and all taxes and gratuities, is \$124.

Sign up at the Village Center no later than Nov. 30.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard

Chevy Chase, MD 20815

301-656-1900

BGFriendshipHeights.com

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



Village Council Corner

Council plans website redesign



What's New?
About the Community
Shuttle Bus
Newsletter
Council Report
Calendar
Development
Village Center Rentals
Taste of Friendship Heights

Village Regulations
Village Council
Parking Tickets
Permit Application
Volunteering
MVA on Wheels
Advertising
Health Services
Links

In last month's Council Corner we reported on the work of the Council committees, including the Communications Committee's work on a plan to redesign the Village website. As we work on the redesign, we also want to remind everyone that our current website, www.friendshipheightsmd.gov, is still operational and is regularly updated. It contains a lot of useful information.

For example, from the homepage (see image above), click on "What's New" for the latest postings, including a monthly summary of programs and trips offered at the Village Center

and meeting notices. On the "Village Council" page you will find minutes of recent Council meetings, Treasurer's Reports, Council meeting agendas, and minutes of Council Committee meetings. The "Newsletter" and "Calendar" pages have cur-

rent and past issues going back over seven years. You can find the shuttle bus schedule on the bus page, and if you click on "About the Community" you will see a map of the Village, a welcome letter from our Mayor, 2010 Census data and much more. Also check out the "Links" page for a list of useful community resources.

We will keep everyone updated on our website redesign as the project progresses.

Council actions at the October 13 meeting:

- Voted to rescind all previous motions related to the development of a playground in Page Park.
- Approved proposal from Michael Poness of Walton, Madden, Cooper, Robinson, Poness, Inc., to be designer/project manager for Village Center improvements.
- Approved revisions recommended by attorney to Village's Public Information Policy.



Friendship Heights
VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Find us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

November 2015 events calendar